

EXCHANGE RECORD & FOOD DIARY

Date: _____ Daily intake goals: _____ Daily exercise expenditure goal: _____

If it passes your lips, *write it down* to become aware of what you are eating and how much. **Special Note About Meat:** 1,200-calorie level based on 2 lean and 3 very lean meats; 1,500-calorie level based on 1 lean and 4 medium-fat meats; 1,800-calorie level based on 6 medium-fat meats.

MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Snack							
Exercise							
Water	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□
MEAT	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
STARCH	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
FRUIT	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
FAT	□□	□□	□□	□□	□□	□□	□□
MILK	□□	□□	□□	□□	□□	□□	□□
VEGETABLE	□□	□□	□□	□□	□□	□□	□□
FREE FOOD							for 1,200 calories
STARCH	□	□	□	□	□	□	□
FRUIT	□	□	□	□	□	□	□
VEGETABLE	□□	□□	□□	□□	□□	□□	□□ add for 1,500
MEAT	□	□	□	□	□	□	□
FRUIT	□	□	□	□	□	□	□
FAT	□□	□□	□□	□□	□□	□□	□□ add for 1,800